

Assessment of:	Abseiling	Location:	Mount Cook
Completed by:	Bernard Müller	Date of assessment:	January 2024
Reviewed by:	James Clarke	Next Review Date:	February 2026
Ratio:	1:12 Max and Min 1 Group Leader	Staff Competencies	RCI, or Internal training by activity Manager & separate assessment of competence by CEO or Technical Advisor. Must have suitable group management experience.
Activities Covered:	Abseil Onsite	Specific Emergency Procedure:	Should an incident occur in which immediate threat to life or limb occurs: Lower casualty to the ground Give first aid Call for assistance. If no reply, send two runners to reception.

Hazard (something with the potential to cause harm)	Risk (how could the hazard cause harm, and who could it harm)	Control Measures (what is required to reduce the risk)	In Place (Y/N)	Action Required	Action Owner	Residual Risk (assuming all controls in place; Low, Med, High)
Unauthorised access to course	To Unauthorised personnel: Physical injuries, fractures or death from falls from height.	Remove kit after session and do not leave unattended for long periods	Y	Kit not left out for long periods when not in use.	Activity Mgr & Activity Instructors	LOW
		Equipment kept secure when not in use	Y			
			Y			

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		Gate at entrance to abseil area locked when unattended.				
Adverse weather conditions – Cold, wet, windy, Hot	To Participants, Volunteers, contractors and Staff: risk of heat stroke, sun burn, Hypothermia	Instructors to monitor weather conditions before and during session. kit list to be sent in advance of arrival with suitable clothing list. spare clothing in centre for those under-prepared participants. Sun cream to be available for everyone in the centre. Water available whilst on session in hot conditions. Monitor thunderstorm potential and lightning risk, evacuate the course in the event thunderstorms threaten.	Y Y Y Y Y Y	Weather conditions monitored. Fleeces/ waterproofs issued to group as appropriate	Instructors	LOW

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Medical emergency	To All: Risk that someone may experience prolonged wait for medical attention. Resulting in long term complications, bleeding out, shock symptoms, and or death	All staff to be trained in basic first aid. Preferably Outdoor FA Portable first aid kit available Participants to bring their own medications to the session and carry them throughout if necessary. Any pre-existing medical conditions to be declared in advance of activity being undertaken. Consent form signed. Instructors to be able to rescue participants quickly and effectively within 15 minutes.	Y Y Y Y	Staff training and staff competent to run session. Regular rescue drills	Activity Mgr.	LOW
Incorrectly fitted PPE	To All: Physical injuries, fractures or death from falls from height. Items falling from height causing impact injuries	Safety instructions given from staff at start. Harnesses and helmets to be fitted and adorned before leaving the main area. Constant vigilance by trained leaders. Harnesses and helmets to be rechecked immediately before abseiling. Correct harnesses and helmets fitted for participant.	Y Y Y Y	Regular PPE checks during session. Staff unable to run session unless signed off as competent	Activity Mgr & Activity Instructors	LOW

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Faulty Equipment	To All: Risk of muscle & impact damage, head/spinal injuries, death	All equipment checked by trained instructors prior to use. Harnesses and helmets to be checked before abseil descent Visual check of any abseil hardware and rope before use. All faulty equipment to be condemned and quarantined to eliminate chance of being brought back in circulation	Y Y Y Y	Log all equipment checks on papertrail Log all staff training and TA sign off's on Cinolla	Activity Mgr & Instructors	LOW
Falling due to incorrectly attached equipment	To All: Physical injuries, fractures or death from falls from height.	Group ratio limited to 1:12 leader to participants Safety brief given to all participants in the activity. Only competent instructors to lead activity. Instructors to carry out 'Final checks' before abseiling commences. Rig abseil only using recommended MLTB method; with both abseil and safety rope being tied off using a releasable system. Instructor to ensure participants are tied in to safety rope with figure of 8 knot or locking carabiner.	Y Y Y Y Y	Log all equipment checks on papertrail Log all staff training and TA sign off's on Cinolla	Activity Mgr.	LOW

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		Participant abseil rope attached using tri-action carabiner and fig 8 device.				
Inadequate supervision.	To Participants: Physical injuries, fractures or death from falls from height.	Ratio of instructors to participants controlled to effectively manage the group. Maximum of 1 abseil system in use. Safety brief given to all participants taking part in the activity. Visiting staff to assist in group management. Clearly defined safe areas for waiting participants at top of crag, within sight of instructor, and outside of fenced/gated off area. Participants only invited through gate to top of crag by instructor. Designated descent/ascent path to reach top/bottom of crag.	Y Y Y Y Y Y	Booking Coordinators to inform group leaders of expected ratio's. Instructors to monitor group sizes and effective group management with help from visiting staff.	Booking Coordinators Instructors	LOW
Falling from height – i.e. due to incorrectly attached	To All: Physical injuries, fractures or death from falls from height.	Abseil routes only rigged by competent instructors. Abseil system only operated by qualified or in-house trained instructors.	Y Y Y	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including	Activity Mgr.	LOW

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equipment, mis clipping		Participants to be tied on to safety rope before approaching abseil take off point, and well away from crag edge. All PPE checked before use in line with Operating Procedure Staff monitored by senior instructor and signed off as competent before solo session.	Y Y	specific site induction visits and observations TA to spot check training/induction process. PPE checks to be logged on Papertrail		
Participant missing safety critical instructions	To Participants: Physical injuries, fractures or death from falls from height.	Full co-operation from group leaders in group control and discipline. Clear instructor briefing at beginning of session. Instructor to remain vigilant and repeat instructions before abseil starts. Participants reminded of need to stay in designated safe waiting area, outside of gated/fenced area at crag top, whilst waiting for turn.	Y Y Y	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations TA to spot check training/induction process.	Activity Mgr.	LOW

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Entrapment in the ropes.	<p>To All: Risk of hair, jewellery, hands or neck being caught in rope;</p> <p>Physical injuries, fractures or death from suffocation.</p>	<p>Ensure all hair is tied back and not able to get caught in rope/carabiner/fig 8 device. All jewellery is removed or tapped up to prevent it being caught.</p> <p>Instruct participants carefully on correct hand position to control abseil descent. Clear brief given by instructor on correct methods. Practice of abseil method on easier ground (e.g. grass slope) to familiarise participants with abseil process.</p>	<p>Y</p> <p>Y</p> <p>Y</p> <p>Y</p> <p>Y</p>	<p>Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations</p> <p>TA to spot check training/induction process.</p>	Activity Mgr.	LOW

Risk Assessment Checked by H&S or Line manager.

Name: Steve Turner CEO

Reviewed on: 10/2/2025



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